Song Writing & Music Technology
Wednesday 5th August 11.00am-12.00pm (4 weeks)
Get in touch with your creative side and learn how to write songs and put them to music.
Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Adult Yoga
Sunday 16th August 10.00am-11.00am (4 weeks)
Unwind and improve your health and wellbeing by learning gentle yoga exercises and relaxation from your own home! No experience needed.
Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Adult Pilates
Thursday 10th September 2.00pm-3.00pm (4 weeks)
Try this low-level Pilates class to improve your balance, strength and flexibility. Take time to relax and unwind.
Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Wellbeing Booster #1 - Emotional Awareness
Wednesday 9th September 11.00am-12.00pm
Discover where feelings and thoughts come from. Learn top tips and techniques on how to connect with others and overcome difficult challenges.
Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

Wellbeing Booster #2 - Mindfulness
Wednesday 16th September 11.00am-12.00pm
Discover the power of mindfulness to boost your wellbeing. Reduce stress and reconnect with the world around you through your senses and breathing.
Join us online via Zoom -
Register on our webpage:
www.wellbeingenterprises.org.uk/whats-on/
T: 01928 589 799

To book:
Call: 01928 589799
Email: info@wellbeingenterprises.org.uk
Online: www.wellbeingenterprises.org.uk